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AUTHOR Edwards, Sara A., Ed.; And Others
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ABSTRACT

This manual presents, for educators, known facts about Acquired Immune Deficiency Syndrome (AIDS), how it is transmitted, and how it can be prevented. Answers to common questions about AIDS are listed and a summary sheet is provided. A resource list is included that contains names, addresses, and phone numbers of organizations that produce or distribute informational materials on AIDS. A sample lesson outline is included, as well as AIDS education learning objectives. The appendices include some sample materials for classroom use. (JD)

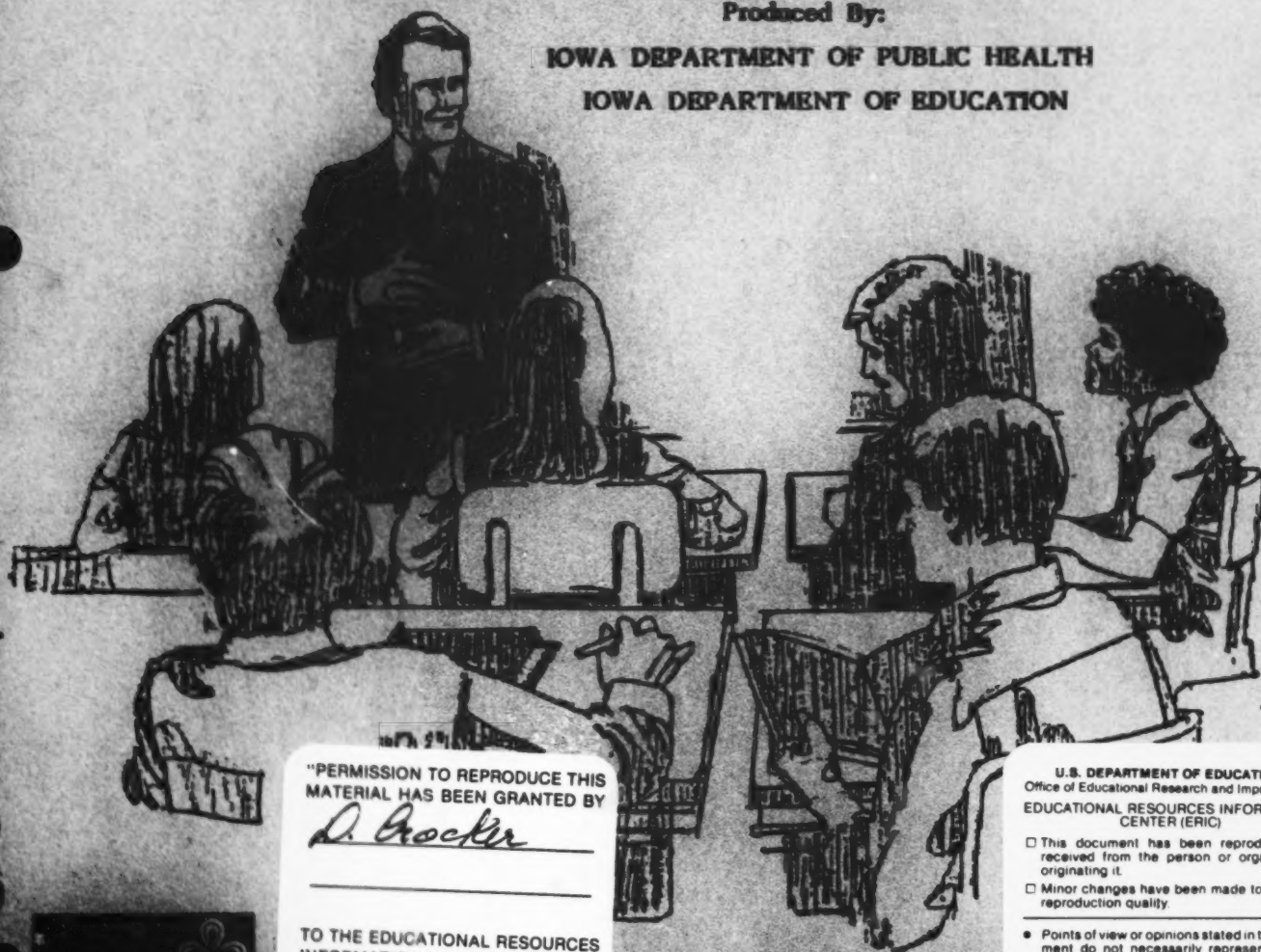
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AIDS RESOURCE MANUAL for EDUCATORS

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Iowa Department of Public Health
Mary L. Ellis, Director
John R. Kelly, Division Director
Division of Disease Prevention
Lucas State Office Building
Des Moines, Iowa 50319

Iowa Department of Education
Vacant, Director
Division of Instructional Services
Carol McDonalds Bradley, Administrator
Grimes State Office Building
Des Moines, Iowa 50319

Developed by

Sara A. Edwards, AIDS Education Program Manager
John H. Katz, STD Program Manager
Paul L. Kabarec, Health, Physical Education
and Recreation Consultant

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PREFACE

The acquired immune deficiency syndrome, or AIDS, has become one of our most serious health problems. The number of cases is increasing in the United States and many nations of the world. Since there is no cure for the condition, most persons who develop AIDS eventually die. Further, there is no vaccine that can protect individuals from getting the virus.

Because of the present lack of a medical solution to AIDS, prevention has been identified as the only available strategy for controlling AIDS. The condition is preventable, and persons must be informed about what behavior results in infection and to avoid such behaviors. Since school attendance is the universal experience of young people, AIDS education in the classroom is a valuable component in efforts to promote preventive behaviors. Hopefully, proper education about AIDS in the school setting will reach the young adult before risky health habits related to AIDS are adopted or firmly established.

NOTE: THIS MANUAL WAS DEVELOPED FOR INSTRUCTOR USE ONLY!! IT IS NOT APPROPRIATE TO BE COPIED AND GIVEN TO STUDENTS.

TAKEN FROM SURGEON GENERAL'S REPORT ON AIDS.

"Education about AIDS should start in early elementary school and at home so that children can grow up knowing the behavior to avoid to protect themselves from exposure to the AIDS virus. The threat of AIDS can provide an opportunity for parents to instil in their children their own moral and ethical standards.

Those of us who are parents, educators and community leaders, indeed all adults, cannot disregard this responsibility to educate our young. The need is critical and the price of neglect is high. The lives of our young people depend on our fulfilling our responsibility."

AIDS EDUCATION

Goal of AIDS Education

Education about acquired immune deficiency syndrome, like instruction concerning the sexually transmitted disease (STD), should prepare individuals to protect themselves and others from infection. That is, following instruction about AIDS, students should act more responsibly and make decisions that will contribute to their health and well-being.

1. Accurate and Relevant Knowledge

Many STD curricula have emphasized the biomedical aspects of the diseases. Less attention was given to the health behaviors. Most of the medical facts are not relevant to providing students the knowledge needed to avoid infection. The current philosophy of STD and AIDS education emphasizes information about how to avoid infections with the agents that cause the diseases, what to do once an infection or disease is suspected/diagnosed, and what can be done to help stop their spread.

For AIDS instruction in particular, emphasis should be on the personal behaviors that put a person at risk for acquiring the AIDS virus and that help one avoid infection. Attention should not be on the high-risk groups, per se. For example, students should be informed that exposure to the virus results from practicing risky sex and IV drug behaviors, and not from being a particular sexual orientation, such as homosexual. Further, suggestions for preventing contraction of the virus should be simple and direct since

the virus is spread only a few ways and only a few avoidance behaviors are necessary to prevent infection.

AIDS education also should discuss the dangers of having the virus and dispel myths about how the virus is passed. Misunderstanding about the contagiousness and methods of transmitting the AIDS virus has led to unnecessary alarm and fear about AIDS.

2. Attitudes Conducive to Health Promotion

Attitudes have a strong influence on the individual's health behavior. This is particularly true about AIDS and STD because of the negative social attitudes many people have developed toward these diseases.

Education about AIDS should be directed toward student acceptance of the possibility of exposure to the virus and the need to practice preventive behaviors. AIDS education also needs to emphasize a mature attitude in assuming a responsibility for the health of others.

3. Skills

Instruction should provide as much classroom rehearsal for students as possible on AIDS preventive behaviors. Since most of the behaviors cannot be actually practiced in the classroom, exercises involving related

behaviors or simulation of behaviors can be conducted. For example, decision-making and problem-solving relative to AIDS situations can be practiced.

Implementing The AIDS Education Curriculum

Four major areas should be addressed before implementing this curriculum. Attention to instructor qualities and learning environment, resources, community involvement, and coordination of curriculum with existing STD education will enhance the effectiveness of AIDS education.

1. Teacher Characteristics and Learning Environment

The teacher should be able to create a "safe" environment in which students can discuss the topic freely. Further, the teacher should be able to lead group and value-clarification activities, and be able to communicate with students with ease, sensitivity, tact, and in an objective, unbiased manner.

2. Resources

New information concerning the medical and social aspects of AIDS appears almost daily. Even though the health behaviors related to AIDS are not likely to change, new scientific data that the instructor should know will become available. The instructor should keep current about AIDS. Up-to-date information is available from your local health department of AIDS hotline. In Iowa 1-800-532-3301.

3. Community Involvement

Most communities have strong interest in school education about AIDS. They generally support instruction, but are often concerned about the exact nature of the course content. This curriculum was written to be accepted by a broad spectrum of communities. Deliberate efforts were made to discuss the material discretely and tactfully, as well as to be scientifically objective.

It is suggested that the curriculum be discussed with representative of the local community. Typically for the STD instructional area, community involvement in the curriculum process leads to strong support for teaching the subject. Students should be encouraged to share AIDS information with their parents. This can address some of the concerns, fears, and questions that parents may have.

4. Coordination of Curriculum with Existing STD Education

Even though the AIDS problem has become very serious, education about the condition should be complimented with other STD instruction. A young adult is much more likely to be affected by another STD other than AIDS. Nearly one-half--or ten million--of those infected by an STD are under age 25.

This fact can be used to demonstrate the extent to which AIDS-related, high-risk behaviors are prevalent among young adults.

AIDS: FACTS YOU SHOULD KNOW

Did you know that:

1. The AIDS virus is passed (1) during sexual intercourse, (2) by IV drug needles and blood having the virus, and (3) from an infected woman to her fetus or newborn child.
2. Sexual abstinence or fidelity, and not sharing body fluids are the best ways to prevent getting the AIDS virus.
3. There is no cure or vaccine for AIDS.

AIDS: WHAT IT IS

The acquired immune deficiency syndrome, or AIDS, is a serious health problem in our country. First diagnosed in 1981, AIDS is caused by a virus which can destroy the body's ability to combat infections. Hence, persons with AIDS can acquire diseases that lead to death. Over 50 percent of persons with AIDS have died. No one has completely recovered from AIDS.

The Cause of AIDS

Researchers have found that AIDS is the end result of an infection caused by a virus. The virus has been given different names. The shortened form of some of the names are HIV, HTLV-III, or LAV. HIV is now becoming the preferred term for many scientists. In this guide, we will refer to it cause simply as the AIDS virus.

How An AIDS Infection Differs from Having AIDS

Infection means having the AIDS virus in the body. Once having the virus, a person is considered to be infected whether or not AIDS ever develops. Only some persons with the AIDS virus have developed AIDS. Having AIDS means the virus has done enough damage to allow some rare diseases to become established in the person. These diseases are what makes a person with AIDS so ill.

What Happens When A Person Has An AIDS Virus Infection

The AIDS virus destroys certain cells that help make the immune system active to protect one from diseases. Persons with the AIDS virus may get illnesses that are usually not acquired by people with a healthy immune system. These diseases, known as **opportunistic diseases**, are frequently severe and can cause death. Most persons having the AIDS virus do not know they are infected until the disease **symptoms** develop. The most common illnesses of persons with AIDS are lung infection called **Pneumocystis carinii Pneumonia (PCP)** and a cancer, **Kaposi's sarcoma (KS)**.

Generally, a person infected with the AIDS virus must also have PCP, KS, or other serious conditions to be classified as having AIDS. Some experts believe that other factors may also contribute to the development of AIDS among persons infected with the AIDS virus. These factors may include other infections, alcohol or drug abuse, poor nutrition, physical stress, or other illnesses that may weaken the immune system.

Infection Leading to AIDS

The percent of persons infected with the AIDS virus who develop AIDS is not known for sure. Scientists do not understand why only a portion of those infected develop AIDS. For persons developing AIDS, it can take years for the symptoms to appear. But, the AIDS virus can be **transmitted** soon after a person becomes infected and probable throughout that person's life. The specific symptoms of the AIDS virus infection will be described later.

Infection Without AIDS

Most persons with the AIDS virus who do not develop AIDS seem to remain healthy. However, some have mild to severe illnesses. Some of these develop a specific set of symptoms known as the AIDS-related complex (ARC). Whether or not those infected will develop AIDS or some other serious condition is not known. However, these persons can still transmit the AIDS virus to others.

The Size of the Problem

The number of AIDS cases is increasing in our country and many other nations. Since AIDS is only the end outcome of infection with the AIDS virus, the number of AIDS cases is like the tip of a very large iceberg. For instance, there may be one to two million persons in the United States infected with the AIDS virus. Yet, only a fraction of these people have developed AIDS. Slightly over half of AIDS cases are from California and New York. Experts believe that about 220,000 people in the United States will have AIDS by 1991, with 137,000 having died.

As yet, there is no cure for AIDS. Nor is there a vaccine to prevent infection with the virus. AIDS has become the top research priority of the U.S. Public Health Service. Many scientists are working hard to develop prevention and treatment methods.

For now, prevention of the AIDS virus infections is the best way of slowing the epidemic. Practicing prevention methods is the surest way each person can help control AIDS.

THE AIDS VIRUS: HOW IT IS TRANSMITTED

Methods of Transmission

The AIDS virus is present in certain body fluids, mainly blood and semen. A person gets the virus by exposure to these infected body fluids. The AIDS virus is not highly contagious. The virus may also be present in urine and vaginal secretions. Anyone, heterosexual, homosexual, or bisexual engaging in risky sexual or drug-abusing behavior with an infected person can acquire the AIDS virus. There are three ways the AIDS virus can be transmitted:

1. Sexual Contact. Intimate sexual contact is the most common way the AIDS virus is transmitted. It can be passed when an infected person exchanges semen or blood with a sexual partner during anal intercourse or vaginal intercourse. Oral-genital or oral-anal sex may also be ways the AIDS virus is transmitted. Anal intercourse can result in tears of the rectum tissue that can allow the virus to enter the bloodstream.
2. Exchange of Blood. Blood-to-blood contact between an infected person and someone else is the second most common way the AIDS virus is passed. This method of transmission is now almost

entirely limited to persons injecting illicit drugs. The sharing of IV drug needles and syringes allows the exchange of blood.

Early in the AIDS epidemic, some infections were transmitted by transfusions of blood or certain blood products. For example, many persons with hemophilia became infected this way. Since 1985, donated blood is screened by a new test that detects antibodies to the AIDS virus. Any blood having the antibodies is not used for transfusion. Donors of semen and body organs are also tested for the AIDS antibodies.

The AIDS antibody test does an excellent job of detecting AIDS antibodies. Thus, the blood supply is now very safe. Also, persons who are at high risk for having the AIDS virus are requested not to donate blood. Scientists say that it is now nearly impossible to get AIDS from blood transfusions: the chances are about 1 in a million. The blood-clotting factor given to hemophiliacs now receives a special treatment that kills the AIDS virus.

3. Mother to Child. Only about 1 percent of AIDS cases in the U.S. occur in children. Most children got the AIDS virus from their infected mothers during pregnancy or childbirth. A few children got the AIDS virus from blood transfusions. The virus may also be transmitted by breast-feeding. Hence, women who have a positive

AIDS antibody test should consider postponing pregnancy and should not nurse. Not every child of an infected mother acquires the virus. Why infection occurs in some infants and not others is unknown at this time.

Major-Risk Groups

So far in the United States, over 90 percent of persons with AIDS are:

1. Homosexual and Bisexual Men. Accounts for about 74 percent of persons with AIDS. Some of these were also IV drug abusers.
2. Heterosexual IV Drug Abusers. Accounts for about 17 percent of persons with AIDS.
3. Heterosexual Sex Partners of Persons with AIDS or at Risk for AIDS. Accounts for about 4 percent of persons with AIDS. Many of these persons were sexual partners of IV drug abusers.
4. Recipients of Transfused Blood or Blood-Clotting Factor. Accounts for about 3 percent of persons with AIDS. Includes hemophiliacs who received the blood-clotting factor. Because the blood supply is now safer, very few new infections are expected to occur.

About 3 percent of persons with AIDS do not fit into these groups. The information about some of these persons is incomplete. Some have died, are too ill to be interviewed, or have refused to be interviewed. A few persons whose only known risk is having many heterosexual partners have also gotten AIDS. AIDS is also seen sometimes in children born of infected women.

Some experts believe that the number of infected heterosexual men and women will increase gradually. There are probable more of these persons infected now than the records indicate. Some do not have AIDS symptoms yet because of the long incubation period. The U.S. Public Health Service predicts that heterosexual men and women, who do not abuse IV drugs, will account for 10 percent of AIDS cases in 1991.

AIDS is a problem among all races, including Blacks and Hispanics. One-fourth of AIDS cases in the U.S. are among Blacks, and 14 percent are among Hispanics.

AIDS Outside the United States

AIDS has been reported in most European countries and several African nations. Also, the Caribbean and South American countries, Australia, and parts of the Middle East and Asia have AIDS cases.

The majority of persons with AIDS in our country and most European nations are homosexual and bisexual men. However, in other parts of the world, such

as Haiti and Africa, AIDS is more common among heterosexual men and women than in the United States. In many central African countries there are nearly equal numbers of females and males with AIDS. This suggests that heterosexual transmission is an important way the AIDS virus is passed.

Knowing If One is Infected

Since the AIDS virus is not transmitted by casual contact, most people do not need to worry about whether they are infected. A person should be concerned only if one is or has been a member of a major-risk group, or had sex with people who are in major-risk groups.

The AIDS antibody test is available to persons suspecting infection. Presence of these antibodies (positive test results) means that the person has been infected with the virus. Persons with a positive test can transmit the virus to others. It is important to know that a positive test result does not mean that the person has or will develop AIDS. Some persons with the positive test become ill and others do not. The percent who will become ill is not known.

The antibody test is very accurate. However, no test of this type is perfect. For example, a few persons' test results may be positive when there are no antibodies present (called false positives). This is why every

positive test is repeated, sometimes up to three times, before a person is informed of the positive test results. Most false positives are excluded by this process.

An infected person may test negative when there are antibodies (false negative). However, these cases are rare. Also, a test taken very soon after becoming infected may be negative. There may not have been enough time for the antibodies to develop.

If a person is not at risk for getting the AIDS virus, there is no need to take the test. If one is at risk, it may be wise to talk with a health care counselor about whether the test should be taken. Some people have concerns about the **confidentiality** of test results. Local or state health departments provide confidential testing for all persons, including teenagers, at AIDS counseling and testing sites. Positive test results can help infected people make important decisions about their health and the health of others.

Symptoms of Infection with the AIDS Virus

The symptoms of infection with the AIDS virus may not appear for a long period of time. The time between acquiring the virus and having symptoms, called the incubation period, ranges from a few months to several years or

longer. Some symptoms of AIDS virus infection are like common minor illnesses, such as the cold or flu. However, the symptoms may not go away or they may keep returning.

Symptoms of persons infected with the AIDS virus can include: tiredness, fever, loss of appetite and weight, diarrhea, night sweats, and swollen lymph glands. The presence of these symptoms may indicate an AIDS infection. Some persons infected with the AIDS virus have these symptoms throughout their illness. Others are in good physical condition, or have both periods of health and illness.

A person cannot determine if he or she has the AIDS virus. Only a physician can diagnose the condition. Anyone at risk who has the AIDS symptoms for more than two weeks should see a physician.

Fallacies About AIDS Transmission

Many people have developed a strong fear of AIDS. This fear has come about for several reasons. For example, people know that AIDS is a deadly disease. Information about AIDS is reported almost daily in newspapers and on radio and television. Also, there are many myths about how the AIDS virus is transmitted.

For some persons, fear of AIDS is justified. They have been at risk because of their sexual behavior or abuse of IV drugs. But, for most people, fear of AIDS is NOT justified.

The AIDS virus is not spread by casual, social, or family contact. Many transmissible diseases like the cold, flu, or measles are passed through sneezing, coughing, sharing of utensils, or being around an infected person. AIDS is different. No cases have been found where the AIDS virus has been transmitted by these means.

People can work with others, use public toilets and swimming pools, eat at restaurants and attend public events without the fear of getting the AIDS virus. One has no risks of getting the virus, for example, when eating with or touching a person of a high-risk group. Also, children with the AIDS virus infection pose no risk for other students in the school setting.

The AIDS virus has sometimes been found in saliva and tears. However, the amount of virus found in these fluids is very small. This may explain why there have been no reported cases where the virus was passed through these fluids, such as by kissing.

Persons caring for another family member with AIDS who take normal

precautions are not at risk for AIDS. This is also true for health workers who care for AIDS patients. Ambulance drivers, police, and firefighters who have assisted persons with AIDS have also not become infected.

Some people have worried that insects, like flies and mosquitos, can spread the AIDS virus. Scientists have even discovered traces of the AIDS virus among insects from some countries in central Africa where AIDS is a major health problem. However, nothing shows that any of these insects are capable of transmitting the virus or have ever done so. Studies of persons with AIDS in these central African nations indicate transmission through sexual contact or the use of unsterile needles or syringes.

Remember, the AIDS virus is hard to transmit. It is passed only during intimate sexual behavior, the sharing of IV drug needles, and from an infected woman to her fetus.

THE AIDS VIRUS: HOW IT CAN BE PREVENTED

Persons can reduce their risk of getting the AIDS virus by doing certain things. The behaviors listed below should be followed to prevent the spread of the AIDS virus.

Risk Reduction Related to Sex

A person who is sexually active can get or spread the AIDS virus during sex. The sexual precautions for preventing AIDS are like those used for other sexually transmitted diseases.

1. Sexual Abstinence. One of the surest ways of not getting the AIDS virus is to avoid sexual intercourse and other intimate sex.
2. Sexual Fidelity. It is nearly impossible for a couple-- heterosexual or homosexual--practicing sexual fidelity to get AIDS. This is true unless one partner is infected at the start of the relationship, or abuses IV drugs and shares needles or syringes. However, it is not always possible to know whether one's partner is sexually faithful.
3. Avoid Exchange of Fluids. One should avoid genital or mouth contact with a partner's semen, blood, vaginal secretions, or body waste. The proper use of condoms prevents these fluids from entering one's body. The condom should be used for all types of sexual contact. Persons, particularly those of high-risk groups, might want to explore ways of showing affection that does not result in the exchange of body fluids.

4. Careful Selection of Partners. Anyone thinking of having sex with another person should carefully choose the partner. One cannot determine if a person has the AIDS virus. Therefore, it is important to know if a partner is at risk, or has had partners at risk. One should feel free to discuss concerns about AIDS with the person. Stating that you care about the health and well-being of both of you can be a way of starting the talk. The following persons are at increased risk for being infected with the AIDS virus:

- *homosexual and bisexual men
- *present or past IV drug abusers
- *persons with evidence of infection with the AIDS virus
- *persons living in countries where heterosexual transmission is thought to play a major role
- *male or female prostitutes and their sex partners
- *sex partners of infected persons or persons at increased risk
- *all persons with hemophilia who received the blood-clotting factor

If a person has sex with a member of these groups, the condom or another method that avoids exchange of fluids should be used. It is not always possible to know if a person is a member of a high-

risk group or is infected with the AIDS virus. Therefore, the surest way to protect oneself beyond sexual abstinence or fidelity is to use the condom.

5. Avoid Prostitutes. Prostitutes may be infected with the AIDS virus. Some often abuse IV drugs and they have many sex partners. Tests of some prostitutes in large cities have shown evidence of infection. Hence, condoms should be used with prostitutes. In fact, many prostitutes now require condom use. But having sex with anonymous partners is always risky.

Risk Reduction Related to Drug Abuse

Persons abusing intravenous drugs often share their needles and syringes. This can result in blood being exchanged. If the blood contains the AIDS virus, then the virus can be passed to anyone who uses the infected needle or syringe.

The best way of not getting the AIDS virus from drug needles and syringes is not to abuse IV drugs. If a person does use illicit drugs, needles should never be shared or used. Since abuse of IV drugs has major health risks, users should seek help in a drug treatment program.

A person abusing IV drugs is more likely to acquire certain diseases. Some drugs like alcohol, amphetamines (speed), marijuana, and nitrites (poppers)

may tend to weaken the immune system, but this is not proved. Also, drug use may alter one's judgment. The person might try a high-risk behavior.

Control Strategies

As stated earlier, AIDS cannot be cured and there is no vaccine. Drugs which destroy the AIDS virus and restore the immune system are not available. Some drugs inhibit the action of the virus. But the patient's health does not improve. Yet, many of the opportunistic diseases of AIDS can be treated. For these patients, a long, active life is often possible.

Scientists are also trying to create a treatment and vaccine for the AIDS virus. This task has been very difficult. There are many obstacles to overcome and their discovery is not expected soon.

Prevention is still the best way to deal with AIDS. Health education programs are under way. Such programs are aimed at the general public and high-risk groups. They try to show people the advantages of adopting low-risk behaviors.

Persons in the high-risk groups are encouraged to take the AIDS antibody test. Since those with a positive test could have the virus, they are asked to avoid exposing others. This is done by practicing no-risk or low-risk sexual and drug-using behaviors. They are also asked not to donate blood, semen, or body organs and tissues. Persons with the positive test are also

encouraged to get their sex and needle-sharing partner(s), and perhaps their babies and children, tested for AIDS virus antibodies. Those with negative results are also encouraged to practice low-risk behaviors to reduce the chances of infection.

Keeping Informed About AIDS

Since AIDS is a major research priority, new information that affects us is often found. It is important to keep up-to-date. Some new finding may help prevent persons from getting the AIDS virus. There are sources where a person can get the latest facts. Also, there are ways one can share the information with others.

1. Sources of Information. A person can contact the local or state health department, a physician, or a local AIDS telephone hotline. Iowa hotline 1-800-532-3301 or 1-800-445-AIDS. These sources can also tell you the location of testing, health care, and support services. The local health department is usually listed in the telephone book under county or city government offices.

AIDS is more than a medical problem. It also affects the social, economic, political, and legal segments of a community. Hence, the whole community must work together to prevent AIDS and care for persons with AIDS. Health-care workers, social and government agencies, civic and advocate groups,

religious organizations, and researchers should unite to combat AIDS. Hopefully, as people learn more about AIDS, our capacity to respond with compassion and greater resources will also expand.

ANSWERS TO COMMON AIDS QUESTIONS

ASKED BY YOUNG ADULTS

Below are questions about AIDS asked by young adults. Even though all of the possible aspects of AIDS may not be represented, many of the important concerns of young adults are addressed. Answers are given to assist the teacher in responding to similar questions from students.

Some of the questions have been rephrased because they reflected a wrong scientific concept. For example, questions concerning the transmission of AIDS were rewritten to more accurately ask about the transmission of the AIDS virus.

Students may have some questions which they feel uncomfortable asking in front of their peers. The teacher can provide a question box in the room that would allow students to anonymously ask questions. If this technique is used, inform students that all questions asked in good taste will be answered.

The AIDS Epidemic

1. How many people in the U.S. and the world have AIDS?

It is estimated that one to two million persons in the U.S. are infected with the AIDS virus, with only a fraction actually having developed AIDS. Approximately five to ten million persons globally may be infected.

2. How and when did AIDS start?

It is not known for sure where AIDS started. Some experts believe that it originated in Africa in the 1970's. Others disagree with this view. AIDS was first diagnosed in the U.S. in 1981.

3. Was AIDS caused by homosexuals?

No. Homosexual and bisexual males comprise about 74 percent of the AIDS cases in the U.S. Their large percent is attributed to the fact that many of these persons have had many sexual partners and practiced a sexual behavior--anal intercourse--that places one at greater risk for contracting the AIDS virus. Some of the infected homosexual and heterosexual males also abused IV drugs. Anyone, heterosexual, homosexual, or bisexual who engages in risky sexual or IV drug-abusing behaviors can acquire the AIDS virus. It is the risky behaviors, not one's sexual orientation, that places the person at risk.

4. How many women have AIDS?

Presently in the U.S. about 7 percent of the AIDS cases are women. About one-half of these acquired the virus from IV drug abuse. Others got the virus from heterosexual contact with an infected person, or via blood transfusions. It is predicted that the number of women with AIDS will increase. In many central African countries there are nearly equal numbers of females and males with AIDS.

4. Does AIDS affect all races of people?

Yes. Anyone, regardless of race, can acquire the AIDS virus if the individual participates in risky sexual and IV drug-abusing behaviors with an infected person. In the U.S., about 61 percent of the AIDS cases are among Whites, 25 percent among Blacks, and 14 percent among Hispanics.

6. Can all ages get the AIDS virus?

Yes. Persons of all ages can acquire the virus if exposed by risky behavior. Even children, who comprise about 1 percent of the AIDS cases, can get the virus. The majority of children acquired the virus from an infected mother during pregnancy or childbirth. A few children became infected from blood transfusions prior to the screening of blood.

7. Will AIDS take over the world?

The virus is difficult to transmit; it is not passed by casual contact such as being around an infected person. Persons who know how to protect themselves do not have to fear infection. Even though it does not appear that a cure or vaccine will be available in the near future, we have the knowledge to prevent AIDS.

What AIDS Is

1. What causes AIDS?

AIDS is the end result of an infection caused by a virus. The virus has been given different names: human T-lymphotropic virus III, or HTLV-III, has been most commonly used in the U.S. Many scientists now prefer the term, human immunodeficiency virus, or HIV.

2. Are there different types of AIDS?

There are different stages of AIDS virus infection that occur before one could actually develop AIDS. This information may have confused people to believe that there are different types of AIDS. For example, a person can acquire the virus but not develop AIDS; only 10-30 percent are thought to progress to having AIDS. Further, many scientists label some infected persons who develop certain health problems as having a condition called AIDS-related complex (ARC).

3. Is AIDS like other diseases?

AIDS is not like communicable diseases, such as the cold, flu, or measles that can be passed through casual contact like sneezing, coughing, or sharing of eating utensils. No cases have been established where AIDS was passed by those means.

4. What is a high-risk group?

High-risk groups refer to the grouping of all AIDS cases into categories that represent how individuals probably get infected with the AIDS virus. At this time in the U.S., over 90 percent of the persons with AIDS are:

- .Homosexual and Bisexual Men (about 74 percent of cases. Some also were IV drug abusers.)
- .Heterosexual IV Drug Abusers (about 17 percent of cases).
- .Heterosexual Sex Partners of Persons with AIDS or at Risk for AIDS (about 4 percent of cases.)
- .Recipients of Transfused Blood or Blood-Clotting Factor (about 3 percent of cases.)

In general, persons in these groups are more likely to be exposed to the AIDS virus.

5. Can you carry the virus and not develop AIDS?

Yes. Only about 10 to 30 percent of those infected with the AIDS virus develop AIDS. Many people having the AIDS virus do not know they are infected until the symptoms of an acquired, or "opportunistic" disease, develops. However, persons with the virus can transmit it to others even if symptoms do not develop.

An AIDS Virus Infection

1. How long is the incubation period for AIDS?

The time between acquiring the virus and having symptoms, called incubation period, ranges from a few months to several years or more.

2. What are the common symptoms of AIDS?

Symptoms of persons infected with the AIDS virus include: tiredness, fever, loss of appetite and weight, diarrhea, night sweats, and swollen lymph glands. These symptoms may indicate an AIDS infection. Many other illnesses also have these symptoms. The continuation of these symptoms for more than two weeks in persons at risk may indicate an AIDS infection. Only a physician can diagnose the condition.

3. How does the AIDS virus break down the immune system?

Scientists now know that the virus kills certain cells of the

immune system. These are the white blood cells. Some white blood cells are called T-cells and B-cells. White blood cells protect a person from disease. Some T-cells, also called helper cells, help the B cells produce antibodies against invading disease-causing organisms. Other T-cells, also called suppressor cells, work to stop or suppress the attack against the invading cells, once the infection has been controlled. In the person having the AIDS virus, the suppressor T-cells outnumber the helper T-cells.

4. How long can a person lead a normal life after developing AIDS?

Many persons who develop AIDS respond differently. Some persons are very ill throughout the course of the condition. Most die within two years. Some remain in good physical condition, or have alternating periods of health and illness for several years. Eventually, nearly all persons who develop AIDS die.

5. Why does a person die from AIDS and how long does it take?

People with the AIDS virus, because their immune system has been weakened, acquire illnesses that are not usually caught by healthy people. The persons die from these diseases, not usually from the AIDS virus, per se. About 80 percent of people with AIDS have died within two to three years after developing AIDS.

6. Does anyone ever survive AIDS?

Researchers say that it is too early to provide a sure answer for this question.

7. Can you tell if someone has the AIDS virus?

One cannot determine if another individual has the AIDS virus from the person's appearance.

8. Is there an AIDS test?

There is a test available that determines if the person has antibodies to the AIDS virus. This means that the individual has been infected with the AIDS virus. However, the presence of the antibodies does not mean that the person has or will develop AIDS; some become very ill and others do not.

9. Is the AIDS antibody test sometimes wrong?

Yes. even though the test is very accurate, it is not perfect. Sometimes the test results may be positive when there are no antibodies present (called false positive). Because of this, every positive test should be repeated before a person is informed of a positive test result. Most false positives are excluded by this process. Also, on rare occasions an infected person may test negative.

AIDS Virus Transmission

1. How do people get the AIDS virus?

The AIDS virus is present in certain body fluids, mainly semen and blood. The virus is transmitted during sex, by sharing IV drug needles and syringes and contaminated blood, and from an infected woman to her fetus or newborn child.

2. How contagious is the AIDS virus?

The AIDS virus is hard to transmit. It is not very contagious. In comparison to other communicable diseases, the AIDS virus is much less contagious than germs of the common cold, flu, measles, and tuberculosis.

3. Can you get the AIDS virus from blood transfusions?

In the U.S. it is nearly impossible to get the AIDS virus from blood transfusions. Experts estimate that the chances are about 1 in a million. Since 1985, donated blood is screened by a test that detects the AIDS antibody. Any blood having the antibodies is not used for transfusion.

4. Can you get AIDS from anal sex?

Yes, if one's sex partner is infected with the AIDS virus. Anal intercourse is a very risky behavior for transmitting the AIDS virus. The behavior can result in tears in the rectal tissue that

might allow the virus to enter the bloodstream if a condom is not being used.

5. Can you get the AIDS virus from casual contact?

No one should not be afraid of getting the AIDS virus by casual, social, or family contact. People can, for example, work with others, attend school and public events, eat at restaurants, and be around members of high-risk groups without the fear of getting the AIDS virus. Persons caring for another family member who has AIDS are also not at risk for becoming infected.

6. Can you get the AIDS virus from kissing?

No. The AIDS virus has rarely been found in human saliva and tears. Even then, only very small amounts of virus have been found. This may be the reason why there have been no reported cases where the virus was passed through these fluids, such as by kissing.

7. IS AIDS an inherited disease?

No. The AIDS virus is not passed genetically from generation to generation. However, the virus can be transmitted to children from an infected mother during pregnancy or childbirth.

8. Can a man transmit the AIDS virus to a woman?

Yes. There have been some AIDS cases in women that have resulted from man-to-woman, sexual transmission. Any woman who participates in unprotected vaginal or anal intercourse with an infected male is at risk for acquiring the AIDS virus.

9. Can a woman transmit the AIDS virus to a man?

Male sexual partners of infected women have become infected with the AIDS virus. Clearly, the AIDS virus can be transmitted from woman to man, but scientists do not know if it can be passed quite as easily as from man to woman.

10. Can the AIDS virus be passed by mosquitos?

Research does not indicate that insects are capable of transmitting the virus or have ever done so.

11. Can a lesbian get the AIDS virus?

There have not been any cases of woman-to-woman transmission of the AIDS virus. However, a lesbian is at risk if she abuses IV drugs and shares needles and syringes.

12. Can prostitutes spread the AIDS virus?

Some prostitutes have shown evidence of AIDS virus infection. Prostitutes often abuse IV drugs and they have many sex partners.

It is very risky to have sex with a prostitute. If one does have sex with a prostitute a condom should be used.

13. How do children get the AIDS virus?

Most children who have the AIDS virus acquired it from an infected mother during pregnancy or childbirth. A few become infected through blood transfusions.

14. Are married people at risk?

A married couple of which both persons practice sexual fidelity has virtually no risk of acquiring the AIDS virus. This is true unless one partner has the virus at the start of marriage, or abused IV drugs and shares needles or syringes.

15. Can someone with the AIDS virus have sex without passing it?

Probably. But the percentage of times the virus would not be passed is not known. It also cannot be determined which exposure would result in infection and which exposure would not. Hence, every sexual contact with an infected person should be considered as possible resulting in the virus being transmitted.

AIDS Virus Prevention

1. If there is no cure for AIDS, what is being done to prevent its spread?

Besides major efforts being presently directed toward developing treatments and a vaccine, educational programs are being given to high-risk groups and the general public. These programs attempt to motivate persons to practice no-risk sexual and drug-related behaviors. Even if we had a medical solution to AIDS, preventive education would still be considered the best way to control the virus.

2. What can the individual do to keep from getting the AIDS virus?

Persons can reduce their risk of contracting the AIDS virus by doing certain things related to sexual expression and drug abuse. The sexual precautions include (1) sexual abstinence, (2) sexual fidelity, (3) avoiding exchange of body fluids by using a condom, and (4) avoiding sexual partners at increased risk. These precautions can also help prevent the contraction of other STD. Concerning drug abuse, no one should share IV drug needles and syringes, although not using IV drugs at all is the best approach.

3. Can a condom prevent the AIDS virus?

Yes. The proper use of the condom for all sexual contact is considered the best way to avoid exchange of body fluids.

AIDS Treatment

1. Can AIDS be cured?

No. Currently there are not any drugs available that will completely destroy the AIDS virus or restore the immune system once it is damaged. An experimental drug, AZT or azidothymidine, that seems to control the growth of the AIDS virus, has prolonged the lives of AIDS patients in an experimental trial. While still experimental, AZT has recently been made available to many persons with AIDS.

2. Will there be a cure for AIDS in the near future?

Even though the search for effective treatments is being pursued vigorously worldwide, their discovery is not expected soon. There seems to be some progress in developing treatments for the "opportunistic diseases," but there are many obstacles to overcome in developing a drug that can kill all the AIDS virus in a person.

3. What is being done for people who develop AIDS?

Persons with AIDS need both medical and social support services to help them cope and live with their condition. These types of assistance are increasingly becoming available, although there is more that can be done. Also, family members need support. Legal efforts are being pursued to protect the right of persons with AIDS.

4. Is there a vaccine for AIDS?

No. Scientists are working to develop a vaccine, but a solution appears to be several years away.

AIDS Social Issues

1. How should people with AIDS be treated?

Persons with AIDS should have equal access to medical and social services, employment, housing, and educational opportunities. They also need emotional understanding and support from family, friends, and the community.

2. Should a student with AIDS be allowed in school?

Yes. A student with AIDS or having the AIDS virus poses no risk to other students. However, there may be times when the person with AIDS should not attend school because of his/her weakened condition.

3. Should persons with AIDS be banned from public events, schools, and jobs?

No. Since the AIDS virus cannot be passed by casual contact there is no reason why persons with AIDS should be kept from being a participating member of the community.

4. Should teachers and school cafeteria workers be required to take a test for AIDS?

No. Both teachers and cafeteria workers with AIDS pose no risk for students. Persons with an AIDS virus infection can work in restaurants without exposing others to the virus.

5. Where can I get more information about AIDS?

A school or community library may be able to provide information about AIDS, although the latest information is probably available from a physician, STD clinic, or the local and state health department. One could also call the Iowa AIDS hotline (1-800-532-3301) or the AIDS National Hotline (1-800-342-AIDS).

AIDS SUMMARY SHEET

AIDS, acquired immune deficiency syndrome is becoming one of the most serious epidemics of modern times. The number of cases is increasing in the United States and many other nations. One to two million persons in the U.S. may have become infected with the AIDS virus. Only a fraction of these people have developed AIDS. Over 50 percent of those with AIDS have died. No one has completely recovered from AIDS.

WHAT AIDS IS. AIDS is caused by a virus that weakens the immune system. The infected person may develop problems in fighting certain infections. The diseases acquired, not the AIDS virus, usually kill the person. It is not known for sure what percent of persons infected with the AIDS virus will actually develop AIDS or become ill. The virus can be transmitted soon after the person becomes infected. This is true even if the person does not develop AIDS.

HOW THE AIDS VIRUS IS TRANSMITTED. The AIDS virus is present in semen and blood. The AIDS virus is not highly contagious. It is transmitted by sexual contact and sharing IV drug needles and syringes. The virus can also be passed from a woman to her fetus or newborn child. Anyone, heterosexual, homosexual, or bisexual engaging in risky sexual or drug-abusing behaviors with an infected person can get the AIDS virus.

Currently in the U.S., over 90% of AIDS cases have been: Homosexual and bisexual men (about 74%); heterosexual IV drug abusers (about 17%); heterosexual sex partners of persons with AIDS or at risk for AIDS (about 4%); and recipients of transfused blood or blood-clotting factor (about 3%). In Africa, a large proportion of cases appears among heterosexuals. Some experts believe that the percentage of infected heterosexual men and women will increase in the U.S.

The AIDS virus is not spread by casual, social, or family contact. One cannot get the virus by touching or being near a person with AIDS.

HOW AIDS IS DIAGNOSED. A person should be concerned about being infected with the AIDS virus if one is a member of a high-risk groups or has sex with a person who is. There is now a test for antibodies to the AIDS virus. Positive test results mean that the person has been infected with the virus. But, the person may not have or ever develop AIDS. The development of certain serious illnesses is how doctors determine if a person has AIDS. The test is mainly used to screen blood, semen, and organs. Only high-risk persons should consider taking the test. Local or state health departments provide confidential testing for all persons, including teenagers, at AIDS counseling/testing sites.

The incubation period for AIDS ranges from a few months to many years. Symptoms of infection with the AIDS virus include: tiredness, fever, loss of appetite and weight, diarrhea, night sweats, and swollen lymph glands. Only a physician can diagnose AIDS.

PREVENTING AIDS. The sexual precautions to prevent getting the AIDS virus are: (1) sexual abstinence, (2) sexual fidelity, (3) avoiding exchange of body fluids by using a condom, and (4) avoiding sex with persons at increased risk. If a person has sex with a member of a high-risk group, the

condom or another method that avoids exchange of fluids should be used. Lastly, although it is better not to use IV drugs at all, no one should ever share IV drug needles.

PROMOTING AIDS PREVENTION EFFORTS. One can help fight AIDS by (1) correcting misinformation, (2) providing financial support, (3) voicing concern to officials, and (4) supporting a friend with AIDS.

KEEPING INFORMED ABOUT AIDS. One can contact the local or state health department, a physician, a local AIDS hotline or the Iowa hotline 1-800-532-3301 for the latest AIDS information and material. These sources can tell you the location of AIDS testing, health care, and support services. Also, the AIDS National Hotline (1-800-342-AIDS) can be contacted.

Even though there is no cure or vaccine for AIDS, infection with the AIDS virus can be easily prevented. The best defense is to follow the prevention guidelines presented here.

RESOURCES

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AIDS RESOURCE LIST

This resource list contains the names, addresses, and phone numbers of organizations which produce and/or distribute informational materials on acquired immune deficiency syndrome (AIDS). Pricing and distribution information is also included if the organization provided it to us.

Only a small portion of available AIDS resources are listed in this booklet. New materials are constantly being developed by various organizations as new information about AIDS becomes known. Most state health departments have their own pamphlets and literature on AIDS developed for their state. To see what your state has available, contact the AIDS Health Education/Risk Reduction (HE/RR) Program Managers in your Iowa (1-800-532-3301).

ABBOTT LABORATORIES

Public Affairs - Dept. 383
Abbott Park, Illinois 60064
1-800-323-9100

AIDS: THE NEW EPIDEMIC (pamphlet)

Single copy free by sending a stamped, self-addressed business envelope with your request. Up to 100 copies are free to organizations. All pamphlets over 100 copies are five (5) cents each.

AFL-CIO, CLC
Service Employees International Union
Occupational Safety & Health Department
1313 "L" Street, N.W.
Washington, D.C. 20005
(202) 898-3200

THE AIDS BOOK: INFORMATION FOR WORKERS (51-page handbook, 1986)-\$2.50
each AIDS AND THE HEALTHCARE WORKER (pamphlet) - ten (10) cents each
(single copies free).

A.T.I.N.
AIDS TARGETED INFORMATION NEWSLETTER
Williams & Wilkins
P.O. Box 23291
Baltimore, Maryland 2103-9990

AIDS TARGETED INFORMATION NEWSLETTER - Monthly subscription: \$125/yr;
institutional rate - \$275 (add \$30 for airmail delivery outside the U.S.)
AMFAR PERIODICAL DIRECTORY OF EXPERIMENTAL TREATMENTS FOR AIDS & ARC -
quarterly - \$55/yr; institutional rate \$75 (add \$15 for airmail delivery
outside the U.S.)

AMERICAN ALLIANCE PUBLICATIONS

AMERICAN ALLIANCE FOR HEALTH, PHYSICAL EDUCATION, RECREATION & DANCE

P.O. Box 704

Waldorf, Maryland 20601

AIDS: WHAT YOUNG ADULTS SHOULD KNOW, by William L. Yarber

Student Guide: 1-4 cys.-\$2.50 ea.; 6-27 cys.-\$1.75; 30+ cys.- \$1.00 each

Teacher's Manual (120 pages) - \$8.95 each

AMERICAN SOCIAL HEALTH ASSOCIATION

260 Sheridan Avenue

Palo Alto, California 94306

(415) 321-5134

Toll-free AIDS Hotline: 1-800-342-AIDS

SOME QUESTIONS AND ANSWERS ABOUT HTLV-III INFECTIONS AND AIDS (pamphlet)

Single copies are free; 100 cys.-\$12; 1,000 cys.-\$80

APAL-A.I.D.S. POSITIVE ACTION LEAGUE

1154 North Lake Avenue

Pasadena, California 91104

(213) 684-8411 (24-hour hotline)

GUIDELINES FOR HEALTH RISK REDUCTION (AIDS pamphlet)

Small quantities free. 1,000 cys.-\$90, plus postage.

CAN WE TALK? (brochure produced by the Harvey Milk Lesbian & Gay

Democratic Club and distributed by APAL) single copies free

ASIAN HEALTH PROJECT

3860 West King Boulevard
Los Angeles, California 90008
(213) 295-6571

HERPES/AIDS (brochure-1984) 20 cents each. Brochure also available in
Cambodian, Japanese, Lao, Thai, and Vietnamese.

CHANNING L. BETE COMPANY, INC.

200 State Road
S. Deerfield, Massachusetts 01373
Toll-free number: 1-800-628-7733
In Mass., call collect (413) 665-7611

ABOUT AIDS AND SHOOTING DRUGS (booklet M14787)

WHAT EVERYONE SHOULD KNOW ABOUT AIDS (booklet M14274)

WHAT GAYS AND BISEXUALS SHOULD KNOW ABOUT AIDS (booklet M14266)

WHY YOU SHOULD BE INFORMED ABOUT AIDS (booklet M14282)

Minimum order: 25-49 cys.-.75 ea.; 50-99 cys.-.60 ea.; 100-199 cys.-.43
ea.; 200-299 cys.-.42 ea.; 700-999 cys.-.36 ea. Price declines with
increased volume. Prices are based on total order, no matter how many
different titles are ordered. Personalized covers can be obtained for a
slightly higher price on orders for 100 copies or more.

THE CLAREMONT COLLEGES
Health Education/CUC
175 E. Sixth Street
Claremont, California 91711
(714) 621-8000, ext. 3602

"SEX AND THE SINGLE STUDENT" posters--(11" X 17", red & black ink on white, glossy paper). Titles are:

SAFER SEX MEANS TALKING BEFORE YOU ACT: Help prevent the spread of Sexually Transmitted Diseases. Use condoms.

THERE ARE ENOUGH OBSTACLES TO GETTING A HIGHER EDUCATION. DON'T LET AN STD BE ONE OF THEM: Help prevent the spread of Sexually Transmitted Diseases. Use condoms.

DON'T LET AN STD SIDELINE YOU. USE PROTECTION ON AND OFF THE FIELD: Condoms help prevent the spread of Sexually Transmitted Diseases.

THE TROJANS USED SHIELDS - WHY DON'T YOU?? Help prevent the spread of Sexually Transmitted Diseases. Use condoms.

1-4 cys.-\$3.50 ea.; 5-10 cys.-\$2 ea.; 11-24 cys.-\$1.75 ea.; 25-49 cys.-\$1.50 ea.; 50-99 cys.-\$2.15 ea.; 100+ -\$1 each.

COMPUTERIZED AIDS INFORMATION NETWORK (CAIN)

1213 North Highland avenue
Hollywood, California 90038
(213) 464-7400, ext. 277

Provides/shares AIDS-related information on services. Call for further information.

CONSUMER REPORTS BOOKS

540 Barnum Avenue

Bridgeport, Connecticut 06608

MOBILIZING AGAINST AIDS (224 pages, 1986) - \$10, plus \$3 handling charge.
(Code 305)

CORONET/MTI FILM AND VIDEO

108 Wilmot Road

Deerfield, IL 60015

(800) 621-2131

(312) 940-1260

AIDS AND THE HEALTH CARE WORKER (26-min. film) - Video available for
\$424; 3-day rental - \$85.

CREATIVE MEDIA PRODUCTION, INC.

Health Communications Division

123 Fourth Street, N.W.

Charlottesville, Virginia 22901

(804) 296-6138

AIDS ALERT (30-min. film for young people) - VHS or BETA - \$124.95, 3/4"
taps - \$123.95, plus \$3 shipping charge. Previews available for a small
rental charge.

ENSLOW PUBLISHERS

Box 777

Hillside, New Jersey 07205

AIDS: DEADLY THREAT, by Alvin and Virginia Silverstein (96-page
hardcover book written specifically for young adults) \$12.95, plus \$1.50
postage and handling.

GAY MEN'S HEALTH CRISIS, INC.

P.O. Box 274

132 W. 24th Street

New York, New York 10011

(212) 807-7035

MEDICAL ANSWERS ABOUT AIDS

OVERVIEW OF PSYCHOLOGICAL ISSUES CONCERNING AIDS

LEGAL ASPECTS OF AIDS

WHEN A FRIEND HAS AIDS

HEALTHY SEX IS GREAT SEX

SIDA (Spanish pamphlet on AIDS)

AN OUNCE OF PREVENTION: IT'S WORTH A POUND OF CURE (bilingual)

SAFETY PIN CARD (on condom use - contains graphic language)

SAFER SEX COMICS (contains graphic language)

Call or write for information on ordering these publications.

HEALTH ALERT PRESS

P.O. Box 2060

Cambridge, Massachusetts 02238-2060

(617) 497-4190

UNDERSTANDING AND PREVENTING AIDS: A BOOK FOR EVERYONE, by Chris Jennings (32-page book, 1985)--1-4 cys.--\$3.60 ea., plus \$1 handling charge.

HEALTH EDUCATION LEARNING PROGRAMS, INC.

H.E.L.P.

P.O. Box 568

Jericho, New York 11753

(516) 364-4974

H.E.L.P. PROGRAM - consists of installing clear plexiglass message holders in all toilet stalls throughout the country. The message inserts are tailored to the topics of AIDS and drug abuse and change periodically. The graphics have been designed to provide the viewer with a visual memory of the information. Call for prices or more information.

HEALTH EDUCATION RESOURCE ORGANIZATION

Medical Arts Building

Cathedral & Read Streets, Suite 819

Baltimore, Maryland 21201

(301) 685-1180

DRUG USERS: DO NOT SHARE NEEDLES (pamphlet) 20 cents each (20% discount for all orders over 1,000)

INDIANA UNIVERSITY AIDS-UPDATE

Audio-Visual Center

Bloomington, Indiana 47405

(812) 335-8087

AIDS: PROFILE OF AN EPIDEMIC--UPDATE (1-hour film hosted by Ed Asner)
VHS and Beta 3/4" and 1/2" videocassettes - \$180. Rental - \$35

INTERAMERICA RESEARCH

AIDS

Suite 700

1555 Wilson Boulevard

Rosslyn, Virginia 22209

INTERAMERICA is a private distributor contracted to distribute Public Health Service (PHS) publications on AIDS.

PHS Pamphlets:

FACTS ABOUT AIDS - Winter 1987

SURGEON GENERAL'S REPORT ON ACQUIRED IMMUNE DEFICIENCY SYNDROME

COPING WITH AIDS (a booklet for health care workers)

Red Cross/PHS Pamphlets:

AIDS AND CHILDREN: INFORMATION FOR TEACHERS AND SCHOOL OFFICIALS

AIDS AND CHILDREN: INFORMATION FOR PARENTS OF SCHOOL-AGE CHILDREN

AIDS AND THE SAFETY OF THE NATION'S BLOOD SUPPLY

AIDS AND YOUR JOB--ARE THERE RISKS?

AIDS, SEX, AND YOU

CARING FOR THE AIDS PATIENT AT HOME

FACTS ABOUT AIDS AND DRUG ABUSE

GAY AND BISEXUAL MEN AND AIDS

IF YOUR TEST FOR ANTIBODY TOT HE AIDS VIRUS IS POSITIVE...

Poster:

DON'T LISTEN TO RUMORS ABOUT AIDS(features singer, Patti LaBelle,
recommending that viewers "get the facts" about AIDS)

Single copies free. Available in small quantities at no cost.

INTERGOVERNMENTAL HEALTH POLICY PROJECT

Attn: Dick Merrit

2100 Pennsylvania Avenue, NW, Suite 616

Washington, D.C. 20037

(202) 872-1445

AIDS: A PUBLIC HEALTH CHALLENGE TO THE STATES: A Policy and Legislative
Guide/ Single copy - \$25.

KAPOSI'S SARCOMA RESEARCH & EDUCATION

470 Castro Street, #207

Box 3360

San Francisco, California 94414

(415) 864-4376

KAPOSI'S SARCOMA AND OTHER DISEASES OF THE ACQUIRED IMMUNE DEFICIENCY
SYNDROME (brochure) - Call for information on ordering.

KS/AIDS FOUNDATION OF HOUSTON

3317 Montrose, Box 66973

Houston, Texas 77006

(713) 542-AIDS

AIDS: ACQUIRED IMMUNE DEFICIENCY SYNDROME (general brochure)

WHEN A FRIEND HAS AIDS

HELPING, CARING, MEETING THE CHALLENGE (fund-raising brochure)

1-25 cys.-free; 26-100 cys.-10 cents ea.; 101-500 -08 cents ea.;

501-1000 -05 cents each.

AIDS PLAY SAFE INFORMATION (prevention brochure)

1-25 cys.-free; 26-100 cys.-15 cents ea.; 101-500 -14 cents ea.;

501-1000 cys. -13 cents each.

J.B. LIPPINCOTT COMPANY

P. O. Box 2630

Hagerstown, Maryland 21741

AIDS: ETIOLOGY, DIAGNOSIS, TREATMENT AND PREVENTION, edited by VT

DeVita, S. Hellman, and SA Rosenberg (384-page book, 1985) -\$38, plus tax

MED-ED PRODUCTIONS

Division of MSI, Inc.

P.O. Box 1629

West Chester, Penn. 29380

AIDS - MEDICAL EDUCATION FOR THE COMMUNITY (30-min. videotape) VHS or

BETA 1/2" - \$79.95, 3/4" VHS - \$225, 16mm film - \$425

MODERN TALKING PICTURES
Film Scheduling Department

5000 Park Street North
St. Petersburg, Florida 33709

BEYOND FEAR (60-min. video on AIDS) -1/2" or 3/4" VHS - \$225. Available
on short-term free loan in 16mm version.

MODERN WORDS

P. O. Box 1093
Hermosa Beach, California 90254
(213) 545-6278

FOR OUR LIVES (25-min. film on AIDS)

Purchase: \$225 per videocassette; rent: \$50 for 72 hours (after receipt)

NETWORK PUBLICATION/ETR Associates

1700 Mission St., Suite 203

P. O. Box 1830

Santa Cruz, California 95061-1830

(408) 429-9822

WHAT DO WE KNOW ABOUT AIDS? (pamphlet #111)

WHAT WOMEN SHOULD KNOW ABOUT AIDS (pamphlet #136)

THE CONDOM (pamphlet #139)

ABSTINENCE (pamphlet #138)

Single cy. -25 cents; 50 cys. -\$9; 200 cys. -\$32; 500 cys. -\$75; (minimum
order: \$10)

TEACHING AIDS (a resource guide)--1-9 cys. -\$14.95 ea.; 10+ cys.-\$11.95

NEW DAY FILMS

22 Riverview Drive

Wayne, New Jersey 07470-3191

(201) 633-0212

THE AIDS MOVIE (26-min. film for young adults)

16mm film - \$455; VCR - \$390; Rental - \$57. A Teacher Discussion Guide is included in the purchase price of this film.

NEWPORT PHARMACEUTICALS

Media Division/Film Distribution

897 West 16th Street

Newport Beach, California 92663-2801

(714) 642-7511

THE IMMUNE RESPONSE (20-min film)

IMMUNODEFICIENCY: A DISEASE OF LIFE (19-min film & Instructor's Guide)

16mm film - \$375; videocassette (all sizes) - \$285; rentals \$50

O. D. N. PRODUCTIONS, INC.

74 Varick Street, Suite 304

New York, New York 10013

(212) 431-8923

SEX, DRUGS AND AIDS (19-min. film for young adults), hosted by actress, Rae Dawn Chong (Spring 1986)--Videocassettes - \$325; 16mm film - \$425

PEREGRINE PRODUCTIONS
330 Santa Rita Avenue
Palo Alto, California 94301
(415) 323-4903

AIDS IN YOUR SCHOOL (23-min. video for junior high and high school students) 3/4" VHS -\$150; 1/2" VHS -\$100.

PERENNIAL EDUCATION, INC.
930 Pitner Avenue
Evanston, Illinois 60202
1-800-323-9084

(Illinois, Alaska & Hawaii can call collect: (312) 328-6700
CONDOM SENSE (31117) (25-min. film for young people and adults)
Purchase: \$450; Rental: \$45.

PUBLIC AFFAIRS PAMPHLETS
381 Park Avenue, South
New York, New York 10016
(212) 683-4331

AIDS--FEARS AND FACTS

CHANGING VIEWS OF HOMOSEXUALITY

1-3 cys. -\$1 ea.; 4-24 cys. -75 cents ea.; 25-99 cys. -60 cents ea.; 100-499 cys. -50 cents ea.; 500-999 cys. -45 cents ea.; 1,000-9,999 -35 cents

THE SAN FRANCISCO AIDS FOUNDATION

33 Valencia Street, 4th Floor
San Francisco, California 94103
(415) 864-4276

Booklets

AIDS & YOUR LEGAL RIGHTS

AIDS MEDICAL GUIDE

COPING WITH AIDS

COPING WITH ARC

THE FAMILY'S GUIDE TO AIDS

RESOURCE MANUAL FOR PEOPLE WITH AIDS/ARC

Minimum order of 25 booklets. 25-499 cys. -90 cents; 500-1499 cys.
-80 cents; 1500-4999 cys. -75 cents; 5000+ -70 cents. Sample package of
six available free. Add \$5 shipping charge for every 100 booklets
ordered.

Brochures

AIDS ANTIBODY TESTING AT ALTERNATIVE TEST SITES

AIDS LIFELINE (also available in Spanish & Chinese)

AIDS & THE HEALTH CARE WORKER

AIDS: CARE BEYOND THE HOSPITAL

ALCOHOL, DRUGS & AIDS/ALCOHOL, DRUGS Y AIDS

CAN WE TALK?

FACTS VS FICTION

GETTING YOUR AFFAIRS IN ORDER

GUIDELINES FOR AIDS RISK REDUCTION (English & Spanish)

INFORMATION FOR PEOPLE OF COLOR

LESBIANS AND AIDS

POPPERS

SHOOTING UP AND YOUR HEALTH

STRAIGHT TALK ABOUT SEX & AIDS (Also available in Spanish)

WHEN A FRIEND HAS AIDS

WILLS GIVE YOU POSER

WOMEN & AIDS

YOUR CHILD & AIDS

Minimum order: 25 copies. 25-99 cys. -30 cents; 100-499 cys. -20 cents; 500-999 cys. -17 cents; 1000-9999 cys. -15 cents. Add \$5 shipping charge for every 500 brochures.

Educational Cards

AIDS AND NEEDLE USE (call for prices)

SAFE SEX CARDS (10 cents each)

Fact Sheets

HOW INFECTIONS ARE TRANSMITTED (50 cents each)

INFECTION PRECAUTIONS FOR PEOPLE WITH AIDS LIVING IN THE COMMUNITY (10 cents each)

SAFE SEX GUIDELINES FOR WOMEN AT RISK OF AIDS TRANSMISSION (10 cents ea.)

Manuals

AIDS HOME CARE & HOSPICE MANUAL (\$195 for profit corporations; \$95 for nonprofit agencies; \$50 for individual clinicians)

AIDS HOTLINE TRAINING MANUAL (call for price)

AIDS IN THE WORKPLACE LEADERSHIP GUIDE (a five-part program consisting of a video, "An Epidemic of Fear: AIDS in the Workplace," an educational guide for managers, a strategy manual and appendix, and sample brochures) - \$398 for the whole package; Video and Leadership Guide -\$125.

Nonprofit AIDS agencies are eligible for special discounts by calling (415) 861-3397.

AIDS PRACTICE MANUAL: A LEGAL & EDUCATION GUIDE (produce by National Gay Rights Advocates, 99 pages, 1986) -\$25 (photocopied)

MEDICAL EVALUATION OF PERSONS AT RISK FOR ACQUIRED IMMUNE DEFICIENCY SYNDROME (prepared by the Scientific Affairs Committee of the Bay Area Physicians for Human Rights, SF, 40 pages, 1985) -\$10 (photocopied)

WOMEN AND AIDS CLINICAL RESOURCE GUIDE (prepared by Women's Health Outreach, 1986, 367 pages) -\$40 (photocopied)

Poster

AIDS SAFE SEX GUIDELINES (8 1/2" X 11", 1985) -10 cents each

CAN YOU PASS THE SAFE SEX TEST? (8 1/2" x 11") -10 cents each

SOME PEOPLE THINK YOU CAN CATCH AIDS FROM A GLASS (call for price)

THIS BOTTLE COULD SAVE YOUR LIFE (8 1/2" x 11", 1986) -25 cents each.

Reports

DESIGNING AN EFFECTIVE AIDS PREVENTION CAMPAIGN STRATEGY (a series of public opinion surveys prepared by Research & Decisions Corporation, 1984-1986) -\$25 each.

HEALTH EDUCATION PLANNING FOR AIDS RISK REDUCTION IN THE GAY/BISEXUAL MALE COMMUNITY: THE PRECEDE FRAMEWORK (prepared by Dr. R.K. Bolan, 1985) \$4 each.

MODEL PROGRAM FOR WOMEN'S AIDS EDUCATION AND SERVICES (by Nancy Shaw, PhD, 1985) -\$5 each

REACHING ETHNIC COMMUNITIES IN THE FIGHT AGAINST AIDS (prepared by Communication Technologies and Research & Decisions Corporation, 1986) - \$5 each.

Videos

AIDS ANTIBODY TESTING AT ALTERNATIVE TEST SITES (11-minutes) - Version 1 contains references to a San Francisco program and Version 2 provides info for any location with anonymous testing program. Customizing available. Single copy -\$300; AIDS agencies -\$200; Preview copy -\$20. Specify version wanted.

AN EPIDEMIC OF FEAR: AIDS IN THE WORKPLACE (23-minutes) -\$195 (nonprofit AIDS agencies can call (415) 861-3397 for a discount price)

AIDS AND THE WOMEN'S COMMUNITY (44 minutes, 1986. Co-produced with Bay Area Career Women) - Purchase: \$45; Rental: \$25; Preview: \$15

AIDS: CARE BEYOND THE HOSPITAL (30-min. Attendant Care version and 45-min. Case Management version). Specify version wanted. 1/2" VHS - \$75; 3/4" VHS \$155; Rental -\$25/week; Preview \$20/each version for one week.

CONDOM COMMERCIALS (2 60-second spots) - VHS or BETA - \$20; 3/4" master -\$40.

EXPLORING THE HEART OF HEALING WITH STEPHEN LEVINE & RAM DASS (3-hour video on self-healing) Available in two parts. Part 1 (2hrs.) is appropriate for those personally involved with AIDS and other life-threatening diseases. Part 2 (1 hr) is appropriate for care-giver. Part 1 -\$75; Part 2 -\$75; Previews -\$20/each tape for 5 days.

SHANTI PROJECT
Attn: Tighe Foley
525 Howard Street
San Francisco, California 94105
(415) 777-CARE

AIDS VOLUNTEER TRAINING PROGRAM VIDEOTAPES

Set of 22 tapes. If you order 1-5 tapes, the cost is \$60 each; 6-10 are \$53 each; 11-15 are \$45 each; 16-22 are \$41 each. The complete set costs \$200, which includes a training manual. The Videotape Training Tapes Manual can be ordered separately for \$50. California residents add 6% to their order. Add a \$5 shipping fee for 1-9 items, and \$10 for 10 or more items. Send for a free Video Training Materials brochure listing titles and prices of the videos.

SPRINGER PUBLISHING COMPANY
536 Broadway
New York, New York 10012
(212) 431-4370

THE PERSON WITH AIDS: NURSING PERSPECTIVES. Jerry D. Durham and Felissa Lashley Cohen, eds. (288 pages, 1987) - \$25.95, plus handling charges.

WASHINGTON BUSINESS GROUP ON HEALTH

229 1/2 Pennsylvania Avenue, S.E.

Washington, D.C. 20003

(202) 547-6644

AIDS IN THE WORKPLACE: WHAT YOU SHOULD KNOW

CENTERS FOR DISEASE CONTROL

Center for Prevention Services

Technical Information Services

1600 Clifton Road

Atlanta, GA 30333

(404) 329-1819

FACTS ABOUT AIDS - WINTER 1987

SURGEON GENERAL'S REPORT ON ACQUIRED IMMUNODEFICIENCY SYNDROME

Single copies free for CDC. Multiple copies of these publications can be ordered from INTERAMERICA (see list).

CENTER FOR PREVENTION SERVICES

Dental Disease Prevention Activity

Centers for Disease Control

Atlanta, GA 30333

(404) 329-1830

PREVENTING THE TRANSMISSION OF HEPATITIS B, AIDS, AND HERPES IN DENTISTRY
(booklet) single copies free. Call or write for information on bulk orders.

CENTERS FOR HEALTH PROMOTION AND EDUCATION
Division of Health Education
Attn: AIDS School Health Education Subfile
Centers for Disease Control
Atlanta, GA 30333
(404) 329-3492

AIDS SCHOOL HEALTH EDUCATION SUBFILE - added to Combined Health Information Database (CHID), a computerized bibliographic database of health information and health education/health promotion resources developed and managed by the U.S. Public Health Service.

Persons wishing to search CHID to locate AIDS School Health Education information should request a password from BRS Information Technologies (telephone 1-800-345-4277), or write BRS, 1200 Route 7, Latham, NY 12110). There is no charge for obtaining a password, but searches you conduct from your telecommunication computer terminal will be billed to you through your password. Searches range from \$10 to \$45 per hour.

NATIONAL AUDIOVISUAL CENTER
Customer Services Section
8700 Edgeworth Drive
Capitol Height, Maryland 20743-3701
Credit Card Orders: 1-800-638-1300
Additional Info: (301) 763-1896

WHAT IF THE PATIENT HAS AIDS? (22-min. film with guide)--precautionary

measures for hospital personnel, laboratory technicians, and other health care workers. (3/4" Video-#A15093/PK, VHS-#A15094/PK, or BETA 2-#A15095/PK)

AIDS: FEARS AND FACTS (23-min. film with guide)--discusses AIDS epidemic in layman's terms. (3/4" video-#A15096/PK, VHS-#A15097/PK, BETA 2-#A15098/PK)

AIDS AND YOUR JOB--WHAT YOU SHOULD KNOW (revised 13-min. film with guide)--precautionary measures for civil emergency and public safety officials. (3/4" Video-#A15090/PK, VHS-#A15091/PK, BETA 2-#A15092/PK)

All cassettes are \$55 each. Order by number listed after each title and description.

NATIONAL INSTITUTE OF MENTAL HEALTH

Public Inquiries Branch

5600 Fishers Lane, Rm 15C-05

Rockville, Maryland 20857

(303) 443-4513

COPING WITH AIDS (booklet addressing psychological and social aspects of AIDS) Single copy free.

NATIONAL TECHNICAL INFORMATION SERVICE

U. S. Department of Commerce

5282 Port Royal Road

Springfield, Virginia 22161

(703) 487-4650

RECOMMENDATIONS AND GUIDELINES CONCERNING AIDS (AIDS recommendations published in CDC's Morbidity and Mortality Weekly Report (MMWR), November

1982 through November 1986)

Paper copy -\$7.50; microfiche -\$5.95. Add \$3 for shipping and handling.

REPORTS ON AIDS (all AIDS articles published in the MMWR, June 1981 through May 1986) Paper copy -\$8.75; microfiche -\$5.95; Add \$3 for shipping and handling.

ACQUIRED IMMUNODEFICIENCY SYNDROME: LEGAL AND REGULATORY POLICY - by Department of Health Policy Management, Harvard School of Public Health. Report of a study conducted by Harvard under contract with the Public Health Service. Order No. PB860248291/AS. Paper copy: \$30.95; microfiche, \$6.50. Add \$3 for shipping and handling.

AIDS RESOURCES

American Hospital Association. (1984) Recommendations of the Advisory Committee on Infections within Hospitals. Acquired Immune Deficiency Syndrome: An Educational Packet. Mundelain, Ill: Educational Committee of the Association for Practitioners in Infection Control.

Bennett, J.A. (1985) AIDS: Epidemiology update. American Journal of Nursing, 85(9), 968-972

Centers for Disease Control. (1982) Acquired immune deficiency syndrome (AIDS): Precautions for clinical and laboratory staffs. Morbidity and Mortality Weekly Report, 31, 577-580.

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Centers for Disease Control. (1985). Recommendations for preventing possible transmission of human -lymphotrophic virus type III/lymphadenopathy - associated virus from tears. Morbidity and Mortality Weekly Report, 34, 533-534.

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Henderson, D.K. (1984). AIDS: Epidemiology and potential for nosocomial transmission. Topics in Clinical Nursing, 6(2), 1-11.

Landesman, S.H., Ginzburg, H.M., and Weiss, S.H. (1985). Special Report: The AIDS epidemic. New England Journal of Medicine, 312(8), 521-525.

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immuno deficiency syndrome (AIDS) in home care: Maximizing helpfulness and minimizing hysteria. Home Health Care Nurse, 2(6), 11-16.

Martin, L.S., et al. (1985). Disinfection and inactivation of the human T-lymphotropic virus type III/lymphadenopathy - associated virus.

Journal of Infectious Disease, 152, 400-403.

Turner, J.G., and Pryor, E.R. (1985). The AIDS epidemic: Risk containment for home health care providers. Family and Community Health, 8(3), 25-37.

Ungvarski, P.J. (1984). Infection control in the patient with AIDS. Journal of Hospital Infection, 5, 111-113.

United States Department of Health and Human Services. (1985). Progress on AIDS. FDA Drug Bulletin, 15(3), 26-32.

Coping with AIDS: Psychological and Social Considerations in Helping People with HTLV-III Infection (1986) U. S. Department of Health and Human Services. Public Health Service. National Institute of Mental Health. Office of Scientific Information. 5600 Fishers Lane, Rockville, Maryland.

Home Care of the Patient with AIDS: A Comprehensive Guide, (1985) Visiting Nurse Service, 1200 McArthur Dr., Akron, Ohio 44320

Salter, J., Waters Hardee, and Yow, P., (1987) AIDS: Holistic Home Care, 5(2), 10-21.

AIDS EDUCATION LEARNING OBJECTIVES

Upon completion of this unit each student will achieve the following goals and objectives:

GOAL 1: EACH STUDENT WILL BE ABLE TO DESCRIBE THE SPECTRUM AND NATURAL HISTORY OF AIDS. (See Appendix B)

OBJECTIVES: The student will be able to

- . define the acronym AIDS;
- . identify the cause of AIDS;
- . define AIDS virus infection and the asymptomatic carrier state;
- . define the spectrum of disease caused by the AIDS virus.

GOAL 2 EACH STUDENT WILL UNDERSTAND HOW THE AIDS VIRUS AFFECTS THE HUMAN IMMUNE SYSTEM. (See Appendix B)

OBJECTIVES: The student will be able to:

- . explain the role of the T-helper cell in the immune system and how it is affected by the AIDS virus;
- . define "antigen" and antibody" and discuss their relationship;
- . explain the significance of a positive or negative antibody test.

GOAL 3 EACH STUDENT WILL BE ABLE TO DESCRIBE THE
TRANSMISSION OF THE AIDS VIRUS. (See Appendix B)

OBJECTIVES: The student will be able to

- . list and explain the ways in which AIDS is transmitted;
- . list misconceptions about AIDS virus transmission;
- . identify "risky behaviors" which increase chances of getting AIDS.

GOAL 4 EACH STUDENT WILL BE ABLE TO DESCRIBE PREVENTION
TECHNIQUES/CONTROL OF AIDS VIRUS INFECTION. (See
Appendix B)

OBJECTIVES: The student will be able to

- . describe the decisions that individuals must make to prevent AIDS transmission;
- . explain how an individual may play an active role in bringing the AIDS epidemic under control;
- . identify resources for information regarding AIDS;
- . Describe current methods of control of AIDS virus infection using vaccines, drugs or other treatment modes.

SAMPLE LESSON OUTLINE

PRETEST (See Appendix A) 15 MINUTES

I. INTRODUCTION: WHAT IS AIDS? 10 MINUTES

Explain acronym A-I-D-S. Explanation of AIDS an important public health issue in the United States today. Assess students' feelings and attitudes about AIDS. Where have they learned about AIDS? What articles have recently been in the newspapers or on television?

Discussion: EMPHASIZE ABSTINENCE.

II. HOW DO PEOPLE GET AIDS? 20 MINUTES

Lecture using Transparencies 1 - 5. Transmission is the most important part of the presentation. Students must understand transmission in order to understand prevention.

Specific information on the manner of transmission of the virus will be necessary. Blood, semen or vaginal secretions of an infected person must enter the bloodstream of another person. Students will need direct examples of how this can happen. For example, the following activities represent risky behaviors:

SEXUAL

1. Anal Sex

Blood closer to surface, lining of rectal wall thin, tears easily, infected semen in rectum - direct line to bloodstream.

2. Vaginal Sex

People may have tiny cuts or they get them during intercourse and infected semen enters - direct line to bloodstream.

3. Oral Sex

People may have small cuts in their mouth. Blood close to surface. If infected semen enters - direct line to bloodstream.

Transmission from women to men is less likely but has occurred. The urethra of the male may provide an entry way for infected vaginal secretions. Menstruating women increase this risk.

INTRAVENOUS DRUG USE WITH NEEDLE SHARING

1. Blood from infected person left in needle or syringe used by another person provides direct line into bloodstream.
2. Mention cultural norm of sharing needles among intravenous drug users.
3. Drug users infected with the virus can also transmit it sexually.

CONTAMINATED BLOOD OR BLOOD PRODUCTS

1. Hemophiliacs receive clotting factor made from plasma of many

1. Hemophiliacs receive clotting factor made from plasma of many people (pooled plasma). Plasma infected with the virus has caused infection in many but not all hemophiliacs. Plasma now treated to destroy the virus.

2. Recipients of blood transfusions contaminated with the virus. Blood now screened.

PERINATAL TRANSMISSION

Transmission of the virus can occur from an infected mother to the baby in her uterus. The baby is at risk for poor growth, mental deficiency and death due to AIDS.

III. IMMUNE SYSTEM/ANTIBODY TEST

Lecture using transparencies 6 and 7. Note that the AIDS virus lives in T-cells. Destruction of these cells causes immunodeficiency and opportunistic diseases.

Explain antibody test and its limitations. Stress that it is not a test for AIDS but that it indicates exposure to the virus, which is useful for blood screening, medical care, and individual counseling.

IV. SPECTRUM OF DISEASE

Lecture using transparency 8. Discuss difference between AIDS, ARC and AIDS virus infection. Note that someone does not have to feel sick or look sick to have the AIDS virus. Emphasize that there are

many more people with AIDS related complex or a positive antibody test than people with AIDS.

V. PREVENTION

Lecture: THE SAFEST METHOD OF PREVENTION IS ABSTINENCE FROM SEXUAL ACTIVITY AND INTRAVENOUS DRUG USE. The way to avoid getting AIDS is to protect the bloodstream from infected blood, semen, or vaginal secretion. Review sexual practices that lessen risk, high risk sexual practices, risk to unborn children and risk to intravenous drug users. Encourage continuing education about AIDS and the sharing of good information.

VI. QUESTIONS AND ANSWERS

15 MINUTES

Open discussion of information presented and concerns of students.

POSTTEST (Optional) (See Appendix A)

20 MINUTES

Adapted from the Connecticut Department of Education.

APPENDICES

APPENDIX A

AIDS QUIZ

PRE- AND POSTTEST

INSTRUCTIONS

The following test is divided into two sections. One section may be answered before the lecture series. The second section is a more detailed set of questions to be answered after the lectures.

PRETEST

Please respond to each statement by placing an X in the most appropriate column.

	TRUE	FALSE	DON'T KNOW
1. AIDS IS CAUSED BY A VIRUS	_____	_____	_____
2. ANTIBODIES ARE MADE IN RESPONSE TO AN ANTIGEN.	_____	_____	_____
3. ALL PEOPLE INFECTED WITH AIDS LOOK AND FEEL SICK.	_____	_____	_____
4. AIDS IS A PREVENTABLE DISEASE.	_____	_____	_____
5. PEOPLE WITH AIDS ARE PERMANENTLY QUARANTINED.	_____	_____	_____
6. AIDS IS TRANSMITTED BY SHAKING HANDS.	_____	_____	_____
7. PEOPLE WITH AIDS CAN BE CURED WITH MEDICAL CARE.	_____	_____	_____
8. A VACCINE TO PREVENT AIDS IS NOW AVAILABLE.	_____	_____	_____
9. PEOPLE WHO SHARE NEEDLES ARE AT RISK TO GET AIDS.	_____	_____	_____
10. AIDS CAN BE SPREAD BY HOMOSEXUAL INTERCOURSE.	_____	_____	_____
11. AIDS CAN BE SPREAD BY HETEROSEXUAL INTERCOURSE.	_____	_____	_____
12. AIDS CAN BE SPREAD IN FOOD.	_____	_____	_____
13. AIDS CAN BE TRANSMITTED FROM A PREGNANT INFECTED MOTHER TO HER UNBORN CHILD.	_____	_____	_____
14. THE NAMES OF AIDS PATIENTS ARE KEPT CONFIDENTIAL.	_____	_____	_____
15. WHERE HAVE YOU LEARNED THE MOST ABOUT AIDS: (CHECK ONE)			
_____ MAGAZINE/NEWSPAPER	_____	FILM/VIDEO	
_____ RADIO/TV	_____	LECTURE/TALK	
_____ BOOKLET/PAMPHLET	_____	OTHER (SPECIFY) _____	

POSTTEST

Please respond to each statement by placing an X in the most appropriate column.

1. AIDS IS CAUSED BY _____ POOR HEALTH HABITS
 _____ A VIRUS
 _____ A BACTERIA
 _____ A FUNGUS

2. ANTIBODIES ARE MADE IN RESPONSE TO _____ ANTIGENS
 _____ T-CELLS
 _____ LYMPHOCYTES

3. CHECK THE ANSWER THAT BEST DESCRIBES EACH COMPLETED SENTENCE BELOW:
 PEOPLE CAN GET AIDS BY

	YES	NO	DON'T KNOW
a. giving blood at a blood bank (Red Cross)	_____	_____	_____
b. receiving blood at a hospital	_____	_____	_____
c. using a needle used by someone else.	_____	_____	_____
d. having sex with a person who has AIDS.	_____	_____	_____
e. having sex with a person who shoots drugs but looks healthy.	_____	_____	_____
f. shaking hands with someone who might have AIDS.	_____	_____	_____
g. eating in restaurants or other public places.	_____	_____	_____

4. TO PREVENT GETTING AIDS YOU SHOULD

a. use condoms during sexual intercourse.	_____	_____	_____
b. quarantine people who have AIDS.	_____	_____	_____
c. wear gloves when in contact with any person's blood.	_____	_____	_____

d. never use a needle used
by someone else.

e. never use public bathrooms.

5. CERTAIN HIGH RISK BEHAVIORS ARE MORE LIKELY TO SPREAD AIDS. FOR EACH OF THE FOLLOWING, CHECK THE ANSWER THAT BEST DESCRIBES THE LIKELIHOOD OF TRANSMISSION.

MORE
LIKELY

LESS
LIKELY

DON'T
KNOW

a. children who live in the same home
with a person with AIDS.

b. babies born to parents infected with
the AIDS virus.

c. people who share needle

d. having sex with someone who
has had many sex partners

6. CAN A PERSON WITH A POSITIVE
ANTIBODY TEST LOOK AND FEEL HEALTHY?

YES

NO

DON'T KNOW

7. IS THERE A KNOWN CURE FOR AIDS?

8. IS THERE A KNOWN VACCINE (SHOT) TO
PREVENT AIDS?

GENERAL ANSWERS FOR LEARNING OBJECTIVES

GOAL I

EACH STUDENT WILL BE ABLE TO DESCRIBE THE SPECTRUM AND NATURAL HISTORY OF AIDS.

OBJECTIVES

The student will be able to:

- . define the acronym AIDS.

AIDS is an acronym for Acquired Immune Deficiency Syndrome. AIDS is a disease which breaks down a part of the body's immune system, leaving a person vulnerable to a variety of unusual, life-threatening illnesses.

- . identify the cause of AIDS.

AIDS is caused by a blood-borne virus, called HTLV-III, LAV or HIV. These all refer to the same virus, which is also called the AIDS virus.

- . define AIDS virus infection and the asymptomatic carrier state.

This is when a person has a positive antibody test. This means that the person has been exposed to the virus. These people have no signs or symptoms of any illness; however, they are presumed to be infective. The number of these people who will go on to develop ARC or AIDS is uncertain at this time.

- . define the spectrum of disease caused by the AIDS virus.

Following the asymptomatic carrier state, the next stage is ARC or AIDS related complex. At this stage a person is positive for the AIDS virus and in addition may have some symptoms which include: slight fever, night sweats, swollen glands (neck, armpits, groin), unexplained weight loss, diarrhea, fatigue and loss of appetite. Opportunistic infection is not present.

The next stage is AIDS, whose signs and symptoms include:

unexplained, persistent fatigue
 unexplained fever, shaking, chills, drenching night sweats lasting longer than several weeks
 unexplained weight loss greater than 10 pounds
 swollen glands (enlarged lymph nodes, usually in the neck, armpits or groin) which are otherwise unexplainable and last more than two months.
 pink or purple flat or raised blotches or bumps occurring on or under the skin, inside the mouth, nose, eyelids or rectum

persistent white spots or unusual blemishes in the mouth
persistent diarrhea
persistent dry cough which has lasted too long to be
caused by a common respiratory infection, especially if
accompanied by shortness of breath

In addition to these, a person is positive on the antibody
test and develops "opportunistic" infections or diseases.

GOAL 2

EACH STUDENT WILL UNDERSTAND HOW THE AIDS VIRUS AFFECTS THE
HUMAN IMMUNE SYSTEM.

OBJECTIVES

The student will be able to:

- . Explain the role of the T-helper cell in the immune system
and how it is affected by the AIDS virus.

Lymphocytes are white blood cells that play crucial roles
in the immune system. Lymphocytes are divided into two
groups: B-lymphocytes (B-cells) and T-lymphocytes (T-
cells).

T-cells are further divided into T-helper cells and T-
suppressor cells.

When an antigen invades the body, the T-helper cells send
a message to the B-cells to start antibody production. In
people infected with the AIDS virus, the virus
specifically invades and destroys the T-helper cells. As
a result, antibody production and other defense mechanisms
are impaired. Because of the decrease in the number of T-
helper cells, the person becomes more susceptible to a
wide range of infections.

- . Define "antigen" and "antibody" and discuss their
relationship.

Antigen is something which invades our own body, and is
seen by the body as being "foreign" or "nonself"

Antibody is what our body makes in response to antigen
(foreign invader or nonself). Specific antibody is made
in response to the specific antigen with the intent of
ridding our body of this foreign invader.

In the case of AIDS, the antibodies that are made in
response to this infection do not kill the virus.
Therefore, the presence of antibody is a sign of
infection, not immunity.

- . Explain the significance of a positive or negative
antibody test.

The AIDS antibody test is an inexpensive screening test developed to protect the blood supply. It tells whether a blood specimen has been infected with the AIDS virus by showing the presence or absence of antibody to the virus. The test is also used to screen donor semen for artificial insemination, and it is recommended for other organ donations to protect recipients of organ transplants. Some individuals have taken the antibody test to determine whether or not they have been infected by the AIDS virus.

A positive antibody test means that a person has had exposure to the AIDS virus and that antibody has been produced in response. It does not mean that a person has AIDS or necessarily that he or she will go on to develop AIDS. A person with a positive test must assume he or she is capable of passing the virus on to others.

A negative antibody test may mean that the person has not been infected with the virus OR that the person has been infected but has not yet produced antibodies.

GOAL 3

EACH STUDENT WILL BE ABLE TO DESCRIBE THE TRANSMISSION OF THE AIDS VIRUS.

OBJECTIVES

The student will be able to:

- . List and explain the ways in which AIDS is transmitted.

AIDS is not easily transmitted from person to person. It is transmitted by the blood, semen and vaginal secretions of an infected person. AIDS is spread by sexual contact and needle sharing. Blood, semen or vaginal secretions of one person must enter the bloodstream of another person. IV drug users who have the virus may also transmit it sexually. The virus may be transmitted from infected mother to infant, before or during birth.

- . List misconceptions about AIDS virus transmission.

The infection is not spread through casual nonsexual contact with persons infected with the virus ARC or AIDS. AIDS cannot be contracted by the act of donating blood.

- . Identify "risky behaviors" which increase chances of getting AIDS.

- vaginal and anal sex without condoms
- oral sex
- sharing needles in IV drug use

GOAL 4

EACH STUDENT WILL BE ABLE TO DESCRIBE PREVENTION TECHNIQUES/CONTROL OF AIDS VIRUS INFECTION.

OBJECTIVES

The student will be able to:

- . Describe the decisions that individuals must make to prevent AIDS transmission.
 - seek AIDS information and share this information with family and friends
 - abstain from risky behaviors
 - always use a condom during sexual intercourse
 - do not use IV drugs; if one does, enter a treatment program and do not share needles
 - do not have sex with multiple partners
 know your sex partner and whether he or she is at risk for AIDS
 - do not share razors or toothbrushes

- . Explain how an individual may play an active role in bringing the AIDS epidemic under control.

One should keep informed about AIDS, educate family and friends and follow the suggestions listed above.

- . Identify resources for information regarding AIDS.

Any source listed in AIDS resource materials.

- . Describe current methods of control of AIDS virus infection using vaccines, drugs or other treatment modes.

No vaccine. Experimental drugs such as AZT may control infection but are not cures.

1.

AIDS

**IS A BLOOD BORNE
SEXUALLY TRANSMITTED
DISEASE**

AIDS VIRUS

IS TRANSMITTED THROUGH:

- **SEXUAL CONTACT**
- **INJECTION - ILLICIT OR ACCIDENTAL**
- **MOTHER TO CHILD**
- **BEFORE OR DURING DELIVERY**
- **TRANSFUSION OF BLOOD**
OR BLOOD PRODUCTS

AIDS VIRUS

IS NOT TRANSMITTED THROUGH:

- **CASUAL CONTACT**
- **OBJECTS**
- **COUGHING, SNEEZING**
- **MOSQUITOS, FLEAS**
- **KISSING**

4.

AIDS VIRUS

IS TRANSMITTED BY:

- **BLOOD**
- **VAGINAL SECRETIONS**
- **SEMEN**
- **BREAST MILK [RARELY]**

5.

AIDS VIRUS

IS FOUND IN, BUT NOT TRANSMITTED BY:

● **SALIVA**

● **TEARS**

● **URINE**

● **BRAIN TISSUE**

GLOSSARY

abstinence	Refraining from all types of sexual intercourse (oral, anal, and vaginal)
adolescence	The period between childhood and adulthood
AIDS	Acquired Immune Deficiency Syndrome
anal intercourse	Insertion of the penis into the rectum
antigen	A substance that is foreign to the body that stimulates the production of antibodies to combat its presence
antibody	A substance that is produce in response to an antigen
AIDS related complex (ARC)	A condition where a person has become infected with the AIDS virus and develops some signs and symptoms of infection but no opportunistic disease. Also known as ARC.
asymptomatic	No noticeable signs or symptoms
bisexual	A person who has sex with men and women
carrier	A person who has a germ in him or her but has no noticeable signs or symptoms
casual contact	The usual daily interaction between people at work, in school and in social situations
communicable disease	A disease which may be transmitted directly or indirectly from one individual to another
condom	Rubber sheath used to cover the penis during intercourse
epidemiology	Branch of medical science which investigates the causes of epidemics and determines methods to control them
full-blown AIDS	Destruction of the immune system by the AIDS virus to the point that an infected person develops life-threatening infections and cancers
genitals	The organs of reproduction. The external sex organs.

hemophilia	A hereditary clotting disorder characterized by excessive, sometimes spontaneous, bleeding.
heterosexual	A person who is sexually attracted to the other sex.
homosexual	A person who is sexually attracted to someone of the same sex.
illicit drugs	Illegal drugs such a heroin.
immune system	A body system that protects one from diseases.
incubation period	The period between when a person is first exposed to an infection and when symptoms appear.
infection	Contamination with germs such as viruses and bacteria.
intravenous drugs	Drugs injected into a vein.
IV drug needle	A needle connected to a syringe that is used to inject drugs directly into a vein.
IV drug	The initials for "intravenous drug."
Kaposi's sarcoma	A rare form of cancer often acquired by persons with AIDS.
KS	The initials for "Kaposi's sarcoma."
marijuana	An illegal drug in which the dried leaves of the cannabis plant are smoked.
nitrites	A stimulant drug, also known as "poppers."
opportunistic diseases	Cancers and infections that invade a person whose immune system is weakened by, for example, the AIDS virus.
oral-anal sex	Touching a partner's anus with the mouth.
oral-genital sex	Touching a partner's genitals with the mouth. Also, commonly called "oral sex."
PCP	The initials for "Pneumocystis carinii pneumonia."
Pneumocystis carinii pneumonia.	A lung infection having symptoms similar to severe pneumonia.
prostitute	A person who receives money for having sex with someone.

recipient	A person who receives something.
rectum	The lowest part of the large intestine.
saliva	The clear liquid in the mouth, also called "spit."
semen	The fluid that is expelled from the penis during orgasm.
sexual abstinence	Not having sex with another person.
sexual fidelity	Having sex with one person only.
sexually transmitted diseases	Diseases most often passed from person to person during sex.
STD	The initials for "sexually transmitted diseases."
symptoms	Subjective evidence of an illness. Changes in a person's health that can be seen or felt.
syringes	Devices used to inject drugs directly into the blood.
transfusion	The transfer of blood from one person to another.
transmitted	Passed along from one person or place to another.
urine	Liquid waste from food expelled through the urethra.
vaccine	A liquid substance given to a person to cause immunity to an infectious disease.
vaginal intercourse	Sexual union involving the penis in the vagina. Also, commonly called "sexual intercourse."
vaginal secretions	A liquid discharge from the vagina.
virus	The smallest organism that can cause disease.

AIDS/ACQUIRED IMMUNE DEFICIENCY SYNDROME

School Attendance Policy

Epidemiologic studies show that AIDS is a viral infection transmitted via intimate sexual contact or blood to blood contact. To date, there is no recorded transmission of AIDS to family members who are non-sexual contacts. There has also been no transmission observed with medical personnel who directly care for and are exposed to AIDS cases. Since there is no evidence of casual transmission by sitting near, living in the same household, or playing together with an individual with AIDS, the following guidelines are recommended for implementation in school systems throughout Iowa.

1. Routine screening of students for AIDS associated virus (HTLV-III/LAV) is not recommended. Screening should not be a requirement for school entry.
2. Children diagnosed as having AIDS, or with laboratory evidence of infection with the AIDS associated virus (HTLV-III/LAV), and receiving medical attention are able to attend classes in an unrestricted educational setting. Siblings of infected children are able to attend school without restriction.
3. An appropriate alternative educational plan which may include a more restricted environment should be provided for the child diagnosed as having AIDS or laboratory evidence of infection with the HTLV-III/LAV virus if:
 - A. Cutaneous (skin) eruptions or weeping lesions that cannot be covered are present.
 - B. Inappropriate behavior which increases the likelihood of transmission (i.e., biting or incontinence) is exhibited.
 - C. The child is too ill to attend school.
4. Decisions as to educational management should be shared utilizing expertise of the physician, parent or guardian, public health personnel and those associated with the educational setting.
 - A. Notification of the school should be through the school nurse or person responsible for school health who will notify only those necessary to assure optimal management.
 - B. Notification should be by a process that would maximally provide patient confidentiality. Ideally, this process should be direct person to person contact.
 - C. If school authorities believe that a child diagnosed as having AIDS or with laboratory evidence of infection with the AIDS associated virus (HTLV-III/LAV) has evidence of conditions described in #3, then the school authorities can

dismiss the child from tas class and request authorization from the child's personal physician so that class attendance is within compliance with the school policy.

- D. If a conflict arises as to the child's management, the case should be referred to the State Department of Health for review to determine the permissibility of attendance.
- 5. Since the child diagnosed as having AIDS or with laboratory evidence of infection with the AIDS associated virus (HTLV-III/LAV) has a somewhat greater risk of encountering infections in the school setting, the child should be excluded from school if there is an outbreak of a threatening communicable disease such as chickenpox or measles until he/she is properly treated and/or the outbreak is no longer a threat to the child.
- 6. Blood or any other body fluids including vomitus and fecal or urinary incontinence in any child should be treated appropriately. It is recommended that gloves be worn when cleaning up any body fluids.
 - A. Spills should be cleaned up, the affected area washed with soap and water and disinfected with bleach (one part bleach to ten parts water), or another disinfectant.
 - B. All disposable materials, including gloves and diapers, should be discarded into a plastic bag before discarding in a conventional trash system. The mop should also be disinfected with the bleach solution described in 6A.
 - C. Toys and other personal non-disposable items should be cleaned with soap and water followed by disinfection with the bleach solution before passing to another person. A normal laundry cycle is adequate for other non-disposable items.
 - D. Persons involved in the clean-up should wash their hands afterward.
- 7. In-service education of appropriate school personnel should ensure that proper medical and current information about AIDS is available.

Approved by:

Iowa AIDS Task Force, November 15, 1985
Iowa Board of Education, December 10, 1985

ALTERNATE TESTING SITES

(Revised 9-18-86)

Polk County Health Department
(Contact Person) Pat Breckenridge or Marsha Ganoe
1915 Hickman Road
Des Moines, IA 50314
PH: 515-286-3997

Linn County Health Department
(Contact Person: Vicki Smith)
751 Center Point Road, N.E.
Cedar Rapids, IA 52402
PH: 319-398-3551

Siouxland District Health Department
(Contact Person: Roberta Oliver)
205 5th Street
Sioux City, IA 51104
712-279-6882

Council Bluffs City Health Department
(Contact Person: Linda Steffens)
209 Pearl Street
Council Bluffs, IA 51501
PH: 712-328-3194

Black Hawk County Health Department
(Contact Person: Matt Hobson)
1407 Independence Ave. 5th Floor
Waterloo, IA 50703
PH: 319-291-2417

St. Joseph's Mercy Hospital
(Contact Person: John Eckhart)
84 Beaumont Drive
Mason City, IA 50401
PH: 319-243-5900

Iowa City Free Medical Clinic
(Contact Person: Colette Broderon)
120 N. Dubuque
Iowa City, IA 52240
PH: 319-337-4459

Johnson County Health Department
(Contact Person: Dale Anthony)
1105 Gilbert Court
Iowa City, IA 52240
PH: 319-356-6043

Iowa State University Student Health Center
(Contact Person: Dr. Arthur Cloud, M.D.)
Iowa State University Student Health Center
(Iowa State Students Only)
Ames, IA 50010
PH: 515-294-5801

Des Moines County Visiting Nurses Association
(Contact Person: Marian Brunken, R.N.)
522 N. 3rd St.
Burlington, IA 52601
PH: 319-753-8298

University of Osteopathic Medicine
(Contact Person: Luis A. Villar, M.D.)
3200 Grand Ave.
Des Moines, IA 50312
PH: 515-243-3577

Scott County Health Department
(Contact Person: Danette Simons)
Bicentennial Bldg. 5th Floor
428 Western Ave.
Davenport, IA 52801
PH: 319-326-8618

Further information about AIDS may be obtained from the

IOWA DEPARTMENT OF PUBLIC HEALTH
DIVISION OF DISEASE PREVENTION-00
AIDS Education Program
LUCAS STATE OFFICE BUILDING
DES MOINES, IOWA 50319-0075
1-800-532-3301
24-HOUR TOLL-FREE NUMBER
1-800-445-AIDS